

myCOPD for managing chronic obstructive pulmonary disease

Information for the public
Published: 31 March 2022

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NICE has said myCOPD could be helpful for self-management and pulmonary rehabilitation in people with chronic obstructive pulmonary disease (COPD). But there's not enough evidence to be able to recommend its use in the NHS. So, NICE has recommended that further research should be done.

myCOPD is an app that helps people with COPD understand their condition and manage symptoms. It also has a pulmonary rehabilitation programme, so people can do this at home.

ISBN: 978-1-4731-4504-7